

Kidline

1-800-CHILDREN
(1-800-244-5373)

KIDLINe is a free telephone helpline providing parenting information, phone counseling, referrals to community resources, help for victims of child abuse, and information on Louisiana's Safe Haven Law.

KIDLINe counselors are available 7 days a week, 24 hours a day.

Call KIDLINe if you need:

- Confidential emotional support
- Information on child development
- Positive discipline tips
- Resources for child abuse victims
- Information on local community services
- Information on the Safe Haven law



412 N. Fourth Street, Suite 260 | Baton Rouge, LA 70802
1-800-CHILDREN | tel. 225-925-9520 | fax. 225-926-1319
prevent@pcal.org | www.pcal.org

The Guide TO BUILDING A STRONG FAMILY



SOCIAL CONNECTIONS

Find supportive adults to form new, healthy friendships and relationships.

Trusted and caring family and friends provide emotional support to parents by offering encouragement and assistance in facing the daily challenges of raising a family.



CHILD DEVELOPMENT

Learn more about development at each age and how to help your child grow.

Discipline is more effective and nurturing when parents understand child development, know how to consistently enforce limits, and encourage desired behaviors according to the child's age.



NURTURING & ATTACHMENT

Show your children how much you love them.

When parents and children have positive feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, guidance, and protection.



CONCRETE SUPPORTS

Find out what resources are available in your community.

Parents need basic resources such as food, clothing, housing, transportation, and access to essential services that address family-specific needs to ensure the health and well-being of their family.



PARENTAL RESILIENCE

Recognize the signs of stress and practice ways to cope.

Resilience is the ability to handle everyday stressors and recover from occasional crises. Parents who are emotionally resilient have a positive attitude, creatively solve problems, effectively address challenges, and are less likely to direct anger and frustration toward their children.

FREE support for parents all day, every day
by phone:

1-800-CHILDREN

by text:

225.424.1533

online:

WWW.PCAL.ORG/KIDLINe

POSITIVE PARENTING = POSITIVE RESULTS

According to The Urban Child Institute, positive parenting promotes

OPTIMAL BRAIN DEVELOPMENT and is one of the most **POWERFUL INFLUENCES** on a child's success.



Research shows that children are more likely to:

- Understand their parent's messages
- Make sense of their parent's requests
- Control their emotions and behaviors

when parents are **POSITIVE & SUPPORTIVE.**

Increase the health & well-being of your family by using **POSITIVE DISCIPLINE** and reaching out for help when you need it.



10 WAYS TO STAY IN CONTROL

1 BREATHE

Take long, deep breaths & count to 10.

2 LISTEN

Put yourself in your child's shoes. Imagine you are hearing what your child is hearing.

3 STEP AWAY

Take a parent time-out. Make sure your child is in a safe place and step away.

4 THINK

Remember that every parent & child make mistakes.

5 CONSIDER

Remember your child's age and think about why he/she may be acting this way.

6 ASK FOR HELP

Call a friend, relative or someone you trust.

7 REFRESH

Take a hot bath or splash cold water on your face.

8 RELAX

Turn on some music. Sing a little!

9 JOURNAL

Keep a journal. Write down positive or helpful words. Save your list to look at again.

10 KIDLINE

For free support, call 1-800-CHILDREN, text 225-424-1533 or chat with a KIDLINE counselor at www.pcal.org/KIDLINE.



PARENTING HELP,
WHEN YOU NEED IT MOST

KIDLINE is now available through web chat (www.pcal.org/KIDLINE) and texting (225-424-1533). 1-800-CHILDREN and texting are available 24 hours a day, 7 days a week.

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